

GAMBARAN RETINOPATI DIABETIK DI RUMAH SAKIT PURI CINERE TAHUN 2017 DITINJAU DARI KEDOKTERAN DAN ISLAM

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ABSTRAK

Latar Belakang: Retinopati diabetik merupakan kelainan mikroangiopati progresif yang ditandai dengan adanya kerusakan dan sumbatan pembuluh darah halus. Retinopati diabetik dibagi menjadi retinopati diabetik nonproliferatif, retinopati diabetik proliferatif, dan makulopati diabetik. Insidensi retinopati diabetik cukup tinggi yaitu sebanyak 40-50% dari penderita diabetes mellitus.

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran penderita retinopati diabetik di RS Puri Cinere tahun 2017 dan ditinjau dari kedokteran dan Islam.

Metode: Penelitian ini bersifat deskriptif observasional dan menggunakan data sekunder dari rekam medis pasien retinopati diabetik RS Puri Cinere tahun 2017. Metode pengambilan sampel menggunakan total sampling dengan total sampel 36 orang yang memenuhi kriteria dan dianalisa secara statistik frekuensi.

Hasil: Hasil penelitian ini menunjukkan penderita retinopati diabetik di RS Puri Cinere sebanyak 36 orang. Penderita retinopati diabetik nonproliferatif sebanyak 22 orang (61,1%), penderita retinopati diabetik proliferatif sebanyak 9 orang (25%), dan penderita makulopati diabetik sebanyak 5 orang (13,9%). Karakteristik penderita berdasarkan jenis kelamin perempuan sebanyak 17 orang (47,2%), dan laki-laki sebanyak 19 orang (52,8%). Karakteristik berdasarkan usia <25 tahun sebanyak 1 orang (2,8%), 25-44 tahun sebanyak 4 orang (11,1%), 45-64 tahun sebanyak 18 orang (50%), dan >64 tahun sebanyak 13 orang (36,1%). Pemberian terapi pada penderita menggunakan Anti-VEGF sebanyak 19 orang (52,8%), menggunakan fotokoagulasi sebanyak 4 orang (11,1%), menggunakan terapi kombinasi fotokoagulasi dan Anti-VEGF sebanyak 1 orang (2,8%), dan tanpa pemberian terapi sebanyak 12 orang (33,3%).

Kesimpulan: Penderita retinopati diabetik paling banyak menderita retinopati diabetik nonproliferatif sebanyak 22 orang (61,1%). Penderita terbanyak merupakan laki-laki sebanyak 19 orang (52,8%). Mayoritas penderita pada rentang usia 45-64 tahun sebanyak 18 orang (50%). Pemberian terapi paling banyak menggunakan Anti-VEGF kepada 19 penderita (52,8%). Menurut islam, gambaran retinopati diabetik merupakan kegiatan penelitian pengembangan ilmu pengetahuan di bidang kedokteran. Bagi penderita retinopati diabetik hendaknya menjaga pola hidup yang sehat. Dalam menderita penyakit tetap wajib berobat karena Allah menurunkan penyakit beserta obatnya, serta berobat hanya kepada ahlinya. Sebagaimana firman Allah SWT dalam surat *An-Nahl* (16):43 "*maka bertanyalah kepada orang yang mempunyai pengetahuan jika kamu tidak mengetahui*"

Kata Kunci: Gambaran, Retinopati Diabetik

CHARACTERISTICS OF RETINOPATHY DIABETIC AT PURI CINERE HOSPITAL IN 2017 IN THE MEDICAL AND ISLAM REVIEW

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ABSTRACT

Background: Diabetic retinopathy is a progressive microangiopathic disorder characterized by damage and blockage of fine arteries. Diabetic retinopathy is divided into nonproliferative diabetic retinopathy, proliferative diabetic retinopathy, and diabetic maculopathy. The incidence of diabetic retinopathy is quite high, as many as 40-50% of people with diabetes mellitus.

Objective: This study aims to determine the description of patients with diabetic retinopathy at Puri Cinere Hospital in 2017 in the medical and Islam review.

Methods: This research uses descriptive observational and uses secondary data from medical records of patients with diabetic retinopathy at Puri Cinere Hospital in 2017. The sampling method used total sampling with a total sample of 36 people who met the criteria and analyzed by statistics frequency.

Results: The results of this study showed 36 people with diabetic retinopathy at Puri Cinere Hospital. Patients with nonproliferative diabetic retinopathy were 22 people (61.1%), 9 people with proliferative diabetic retinopathy (25%), and 5 people with diabetic maculopathy (13.9%). Characteristics of patients based on sex group, female were 17 people (47.2%), and males were 19 people (52.8%). Characteristics based on age <25 years were 1 person (2.8%), 25-44 years were 4 people (11.1%), 45-64 years were 18 people (50%), and > 64 years were 13 people (36.1%). Therapy for patients using Anti-VEGF was 19 people (52.8%), using photocoagulation as many as 4 people (11.1%), using a combination therapy of photocoagulation and Anti-VEGF as many as 1 person (2.8%), and without therapy for 12 people (33.3%).

Conclusion: People with diabetic retinopathy suffer most from nonproliferative diabetic retinopathy by 22 people (61.1%). The most sufferers were men as many as 19 people (52.8%). The majority of patients in the age range of 45-64 years are 18 people (50%). The most therapeutic use is Anti-VEGF to 19 patients (52.8%). According to Islam, characteristics of diabetic retinopathy is a scientific development research activity in the field of medicine. For people with diabetic retinopathy, they should maintain a healthy lifestyle. In suffering from the disease, it is still obligatory to seek treatment because there is no disease Allah has create, except that he also created its remedy, and every disease should be treated only with experts. As the word of Allah SWT in the surah An-Nahl (16): 43 "so ask the followers of the Reminder if you do not know"

Keywords: Characteristics, Diabetic Retinopathy